

Know These Ten Tips for Good Health

By [Natural Beauty Tips](#)



IMAGE SOURCE

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Introduction



IMAGE SOURCE

To maintain good health, it's most important to develop daily habits that promote health.

In this post, therefore, I will share ten important tips to apply in your everyday life.

If you make them into a daily habit, I can almost assure you that you will no longer need to spend money on expensive drugs or for doctor appointments, as these tips should keep you protected from future illnesses.

Therefore, treat these ten tips not as cures for existing diseases, but as preventative measures. They may help to fight existing diseases also, but they are given to mainly help you to be protected against future problems.

So I highly recommend applying them from this day forward, so that you can be at ease about your future health.

Having said that, I cannot predict your destiny; nobody knows what kind of life the future holds for each individual. All I can say is that you are much better off following these health tips than if you were to ignore them, as they indeed are health-giving.

Health Tip No. 1 - Drink Enough of Good-Quality Water



IMAGE SOURCE

It's important to aid your body in flushing out of daily toxins. To do this, you should drink plenty of water.

I cannot tell you exactly how much water you need to drink on a daily basis as each person will require different quantities of it; but to make sure you get your daily requirement, always have a bottle of water at hand, so that when you're thirsty, you always have enough water to drink.

What's more, drink enough water after meals, and sip it throughout the day. The sign that you drink not enough water is if your urine has a strong odour and a stronger yellow tinge.

To further aid your body detoxification process and to hydrate your body, you should avoid drinking soft drinks or even strong hot drinks like black tea or coffee. Water is the best drink for humans as well as animals. It hydrates and aids in the process of detoxification. Most other drinks do neither, and some, like soft drinks, cause problems in the body, like by leaching out precious minerals from bones.

In addition to this advice, I'd also urge you to not remain unaware about what kind of water you drink. If possible, choose to drink spring water, as it's the most natural water of all. Though some say that drinking distilled water greatly aids in the detoxification process too.

Distilled water, however, shouldn't replace normal water; it should only be used when a person goes through a detox program, or decides to eat fruits and drink fruit and vegetable juices so as to remove accumulated body impurities.

Another alternative to spring water is drinking water that has been filtered through [a high-quality water filter](#). This is probably the best option if you want to save money and also if you care for the environment, since then you will no longer need to buy bottled water.

Lastly, make sure that when you drink water, it's neither too cold nor too hot; ideally, you should drink room-temperature water. That's because the water that's too hot is damaging to the teeth and gums - some people get bleeding gums and loose teeth because they have the habit of frequently sipping hot tea.

Cold water also isn't a good option since it takes the body a little out of balance, as then the body needs to use more energy to warm it up to bring its temperature to that of body temperature. Also, cold drinks can damage teeth too, especially if something cold is drunk (or cold food is eaten) straight after something hot.

Health Tip No. 2 – Get sufficient sleep



IMAGE SOURCE

In order for your immune system to work at its highest capacity, you should get enough sleep. Without proper rest your immune system won't function at its highest levels, so you're likely to not be sufficiently protected against constant onslaught of bacteria and viruses present in the air.

You should also keep in mind that whenever you have some sort of illness, or are injured in any way, you should get extra sleep. This is because when you're in such a situation, you must conserve energy so that there's enough of it to assure quicker healing of the body.

You probably noticed that animals who are injured sleep much longer than they usually do. That's because they naturally follow this healing method, and it *does* help them to heal. Also, when you sleep when you're injured or ill, you don't interfere with your worries and you're not stressed; so this further helps to heal your body.

Another type of situation that requires extra sleep is when women go through their menstruation days. These days are the time of detoxification; in these days women lose a tremendous amount of blood, and therefore their energy levels can drop very low.

During such days it's beneficial to eat [real dark chocolate](#) so as to insure that enough iron is being absorbed by the body to compensate for its loss in the blood; and, of course, women should sleep a lot during such days.

I know many women will ignore this advice, but they're doing this at the danger of weakening their immune systems to the degree that they are likely to catch viruses or bacteria in the air. It's crucial for women to take it easy during their periods, and do almost nothing at all, apart from a few light chores, maybe some reading, and plenty of sleep and other kinds of rest. Please do not ignore this health advice – health is so valuable that no amount of money can equal it.

Many people don't understand how lucky they are in the sense that they're healthy; only when health goes bad to they realize that health was the greatest treasure in terms of material life. When they lose it they regret it, but then they are no longer able to do anything about it.

Do not make this mistake. If you're employed, take some days off, at least the days when your bleeding is at its highest. Conserve your health. If you lose it, you may never restore it back, and therefore you would suffer for the rest of your life.

Health Tip No. 3 – The Importance of Fresh Air



IMAGE SOURCE

In order for your health to be good, you should try to use every opportunity you have to stay in an environment with fresh air. Without air you cannot live; air is the most important component of our physical lives, and then, after air – water. Thus make sure you get regular supply of pollution-free air.

In order for you to get enough fresh air, you should try to spend as much time as possible in places such as near the ocean, waterfalls, or lakes. If you can, spend time in forests or at least parks or other places abundant in trees, as trees produce oxygen. Try to visit untouched-by-modernization places such as villages or countries that have lots of wild nature.

If you really cannot escape pollution, at least install an [air purifier](#) in your house or apartment. If the air of your city is dry, you may instead choose to install [air humidifier](#); that's especially good if your skin tends to get dry or if you suffer from such skin conditions as eczema. Such home improvements will assure better quality air and therefore better health.

Health Tip No. 4 – Make Sure You Lead a Stress-free Life



IMAGE SOURCE

Stress causes most diseases; though it causes them indirectly, without it many diseases simply wouldn't develop. People who are constantly stressed waste a large amount of energy unnecessarily. The body always stays in the fight-or-flight mode, and therefore ready to deal with a threat that's not there.

This is truly not healthy, and such a way of living dissipates the body very quickly, making people age fast, making them irritable and prone to all sorts of diseases. The body is left tired, without the ability to protect itself from environmental dangers such as microbes and viruses in the air.

Eventually, such a lifestyle leads to some major body dysfunction, and some people do not recover as they have no energy left to fight such a problem. To prevent this from happening, adjust your life in such a way that there's almost no stress in it.

Most stress is caused by one's occupation. People in these modern times are caught up in the rat race, thinking that competing and striving to get higher-paid employment is the most important thing in life. Yet after death no such occupational rewards can a person keep; thus striving for something as worldly as this is a false priority.

When we die, no material things and no worldly respect are taken to the life after. So it's not wise to spend all one's worldly existence in striving for things that don't last.

When an individual truly realizes that real happiness cannot be found in things of the world, he naturally no longer thinks it necessary to spend long hours at work he doesn't enjoy; instead, she's okay with a lower-paid work but the one that she enjoys and by doing which she's contributing to the well-being of others.

When you do your heart's work, and lead moral and simple life, you find real happiness. No riches can give you that kind of happiness. If you live by the sound Christian doctrine found in the [New Testament](#), you understand that real happiness lies in abiding by the highest commandments of God – to love God with all your heart, mind and soul, and to love others the way that you love yourself. Living by these doctrines assures real happiness, and living this way causes no stress, but only peace.

Therefore, try to reduce work hours to have more peace in your life, and make sure your employment contributes to the betterment of the world. Be kind to others, and make sure your life is an ideal template for others to follow and be inspired by. Naturally this will make your existence truly happy and filled with peace. There will be no room left for stress, and therefore stressed-caused illnesses will never find a place in your body.

Health Tip No. 5 – Your Occupation Matters



IMAGE SOURCE

Because employment takes up most of people's time, it's important to be in the occupation you truly love. Therefore taking time each day to materialize this goal is the best investment you can make towards your health and happiness.

When you finally have your ideal occupation, each day will be filled with happiness and satisfaction, rather than annoyance, depression and regret. Doing the work that you truly love assures a happy state of mind, which is crucial for good health.

I, as a blogger, who's been working for myself for 8 years (since the age of 22), know the cause of failure to work for yourself or get an ideal employment. And that cause is this – quitting too early.

People quit too early because they want immediate returns. They want instant benefits. They do not think long-term. Yes, it takes time to establish yourself as a professional in any field. It takes time to establish yourself in the work that you really love. But that time is time well spent, because once you achieve this goal, for the rest of your life you'll enjoy your existence.

So yes, it may take you six months, a year, or maybe two years to establish yourself in your chosen field. But isn't that worth it, being able to live for the rest of your life feeling that you're doing something meaningful every day?

So do not look for instant results; have a long-term vision instead. Of course, some tiny returns will reach you over months, confirming that the business model you've chosen works. But do not expect to get great profits in the early stages.

For example, it took me 6 months to see regular, yet very small, income. But after six months my 'luck' significantly changed, because, I assume, that's the time limit after which people, not seeing greater returns, give up. And that's the time I started earning larger and larger sums of money, eventually becoming truly self-sufficient after one year of blogging.

So please, take this step very seriously; it's the best investment for happiness and good health you could ever make. Do not be afraid of those months that invite discouragement for those who expect instant results. Have a long-term vision, take action each day towards your ideal career, and, most importantly, provide the best value that you can, charging less than the value you provide, making people happy, so that you truly establish yourself as a professional in your chosen occupation.

Health Tip No. 6 – *Save the energy of your body*

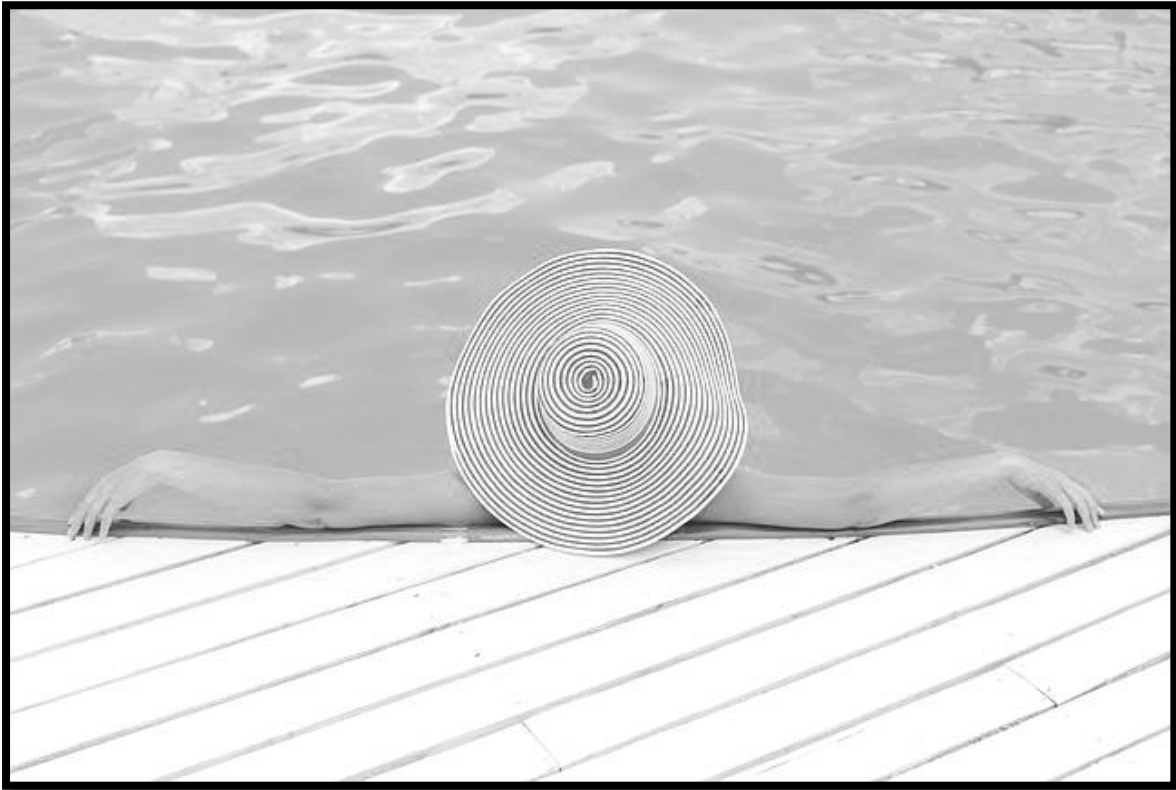


IMAGE SOURCE

I keep observing that people end up wasting large amounts of energy without even feeling that they do. This, of course, leaves much less energy for the immune system to use, and thus people are weakened, and may become susceptible to all sorts of diseases.

People waste large amounts of energy in different ways. For example, if they're unable to control their emotions, that's a huge energy leak right there. Unable to control how they feel, such people may get into temper tantrums, anger outbursts, depressive moods where a large amount of energy is wasted through analysing each action and feeling sorry for oneself. All this wasted energy will never be gotten back.

Another huge energy leak is to do with intimate relationships. People have departed from sound Christian morals, sleeping with whomever they like, thinking it doesn't affect them but actually benefits them and somehow shows how free they are. They are not free, but slaves to lust. And it doesn't benefit them, but makes them feel empty and depressed, which contributes to worsening health. Not to mention diseases that can be directly caught because of such a loose lifestyle.

People also waste energy when they jump into all sorts of activities with excitement, only to quit them soon after, and then, with the same amount of passion, embrace other activities. This applies to many subjects in life, be it employment, self-employment, hobbies, planning one's day, as well as intimate relationships.

To avoid wasting energy this way, it's most important to get your priorities right. So that not to waste energy doubting or being in a state of confusion, your values in life must not clash with each other, and there should be a single priority in life by which you decide which actions to take. All the values must be in harmony with each other, and proceed from that one priority.

For example, since I'm a new-born Christian, my priority in life is the greatest [New Testament](#) commandment, which is:

Love God with all your heart, with all your soul and all your mind. (Matthew 22:37)

And the second commandment is...

To love your neighbor as you love yourself (Matthew 22:39)

So I base all my decisions on this greatest commandment. If a possible choice clashes with this commandment, I naturally drop it. So this makes me self-integrated and whole, since there is no internal division within me, which conserves my energy and assures a harmonious life.

Health Tip No. 7 - Have a Positive Mindset



IMAGE SOURCE

A mind that's negative only ends up affecting others negatively too. Even just for the happiness of others one should make sure that his mindset is positive, and that he's in control of his emotional state.

I'm certain that you know the people who, just by their very existence and for the attitude displayed towards others, make everyone unhappy. Please, make sure you're not one of such people. Sometimes it's hard to see yourself in a true light, but try to be aware of your behaviour to know that you're not spreading negativity.

It's important to maintain a happy mindset because it indirectly assures great health and peace. Because when you treat others with love and with a positive mindset, they treat you in the same way in return. When you get such a beautiful return, you naturally rejoice. Thus your mind is positively affected, assuring good health.

When you live this way, you suffer no stress, and therefore keep your body functions running smoothly, without any disturbance. This, of course, assures good health.

Health Tip No. 8 – Avoid irregular lifestyle



IMAGE SOURCE

Living irregular life stresses out body systems, because body systems, like the entire nature, work with great regularity. For example, we observe nature seasons arriving at regular intervals. They're never mixed up – they always come in the same sequence – spring, summer, autumn and winter, followed by the spring again.

The same applies to human systems. Humans work daytime, then rest at night. Humans eat, and then, after digesting food, they eliminate the waste. Body always processes food in order to extract nourishment, and then gets rid of the waste, and detoxifies.

Therefore any sort of irregularity adversely affects the body. Knowing this, you should make sure that your lifestyle is as regular as possible; but that doesn't mean it should be boring. For example, you can eat at the same time every day, though your food might be always different (though that doesn't mean that you should eat at set times if you're not hungry; it's better to skip a meal in such a case than to overeat). Or you can sleep after the sunset each day, though that doesn't mean you should always sleep in your home or in the same city.

Here's another example – you can exercise around the same time each day, but you don't have to always do the same thing. One day you can take a walk; another day you can jog a little bit; next day you can do some stretching.

It's interesting to also note that different people are affected by irregularity in different degrees of intensity. Some people really suffer from such inconsistencies, whilst others

notice only slight adverse reactions. For example, some people doing irregular work shifts (sometimes working during the night, sometimes – during the day) really get confused and disoriented; some experience this disorientation only a little.

But whether you suffer from irregularities greatly or just a little, the fact is that living in cycles, regularly, is most natural to the human body. Living this way greatly contributes to good health; therefore you should try to get your life in harmony with the cycles of nature as well as natural body systems.

Health Tip No. 9 – Have smaller meals



IMAGE SOURCE

Wrong food habits cause most diseases, because most diseases originate in the stomach.

If you overeat, for example, you cause excess food to rot in your stomach. This creates toxins instead of nutrients that would nourish the body; so instead of nutrients, it's the toxins that get distributed throughout your body, weakening and poisoning body systems.

If a person keeps overeating, eventually toxins focus on targeting the weakest points in a human body. Each human body has different weak points. Whatever they are, the toxins will target those, eventually winning over them, and causing the start of a disease formation, such as cancer or rheumatoid arthritis.

In order to avoid such negative developments, you must never overeat. Never! Better to eat less, and then eat a little while later, rather than overeating and ending up with an aching stomach, feeling lazy or moody, as well as creating toxins to negatively affect your body.

If you eat without excesses, you won't overburden the digestion process, and therefore you'll save energy for the immune system to do its job better. You'll also stay more aware. The reason people want to sleep when they overeat is because most energy of the body is used for

digesting the food. This robs people of awareness, and robs them of good functioning of their immune system. So the person becomes vulnerable to diseases, and unaware.

What's also important to know is that after the meal, you should leave plenty of time for the food to be digested and eat again only when you know that you're hungry. Don't guess if you're hungry or not, because it means you aren't! You'll definitely know when you get hungry – you'll be forced to go to get something to eat. If you just wonder whether you are hungry, you truly aren't.

The reason it's important to only eat when you're genuinely hungry, is because if you eat before such a feeling, it's likely that the food from the previous meal isn't fully digested yet. And therefore if you eat again, new food will get mixed up with the food that's in the process of digestion. This, again, will create toxins, and will poison your body.

And that's the reason why I don't encourage snacking. You might be snacking when there's still food left from the previous meal in the stomach. Another reason why snacking isn't beneficial is that usually snacks are too fatty or loaded with unnatural, and therefore harmful to health, ingredients.

It's best to have two or three meals, with no eating in between. If you feel the urge to snack, it's better to drink water or warm herbal teas. If you must snack, at least choose snacks that are healthier than normal, like vegetable chips that are seasoned with sea-salt and sun-dried; or you may choose popcorn; some sun-dried crackers; soaked nuts or seeds, fruits, and the like.

Health Tip No. 10 – What You Must Know About Bowel Movements



IMAGE SOURCE

Although not many health experts talk about bowel movements, it's the topic that must not be ignored. It's as important as not overeating.

In order to have great health, your bowel movements must be *regular* and *complete*.

Because people are so stressed and busy these days, they don't even leave sufficient time to evacuate waste from their body. And since waste remains in the body, it creates more toxins and therefore diseases are likely to develop.

You wouldn't leave a waste bin full of putrefied leftover food in your room for days; such a waste bin would attract flies, all sorts of other insects, and may cause health problems. How more this applies to your body!

You must not neglect the urge for the body to evacuate waste. And when you do evacuate waste, leave plenty of time for that so that the evacuation is full. If you don't, you may suffer from constipation and you may poison your body systems that can cause you to be irritated and angry, and can give birth to all sorts of physical diseases. A person who's called 'toxic' literally *is*.

So make sure you leave plenty of time for body waste evacuation. I advise to leave plenty of time to evacuate body waste soon after you wake up, and before you go to bed. This will

assure that the body doesn't store toxins for longer time periods, but that toxins are eliminated as quickly as possible, preventing possible diseases due to them.

Finally...



IMAGE SOURCE

These ten pieces of advice are very important – please keep them in your mind always, until they form into a habit, and you’re applying these tips naturally in your life. These tips will assure great health, and you’ll also save money as you won’t need to buy expensive medicines or see doctors.

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